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10 Ways to Keep Employees Comfortable While Working From Home
Whether working from home on a shift basis or full-time during the coronavirus pandemic, employers should share with their employees these ten best practices.

1 Use a sturdy chair that can be adjusted. Refrain from sitting on very soft couches and chairs as they do not support the body evenly during extended sitting.

2 Adjust seating height, so your forearms are parallel to the floor when typing.

3 Place a small pillow behind your lower back while sitting to maintain the natural curve of your spine.

4 Use an external mouse and place objects — such as your phone, mouse, and printed materials — close to your body to minimize reaching.

5 Place your feet entirely on the floor.

6 Alternate between sitting and standing throughout the day (about every hour) to reduce excessive stress on the lower back and legs while sitting.

7 Take short micro-breaks (approximately two minutes in length) every hour to stretch and move your body.

8 Be careful not to overload electrical outlets to avoid fire risk.

9 Be aware of your extension/power cords to minimize tripping hazards.

10 Keep your laptop and equipment in a secure place after hours that can be protected from damage or theft.

For more information, contact your Marsh representative, email ergonomics@marsh.com, or reach out to:

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